



the new wham mag

issue 339 // 22 April – 5 May 2016 // Every fortnight



**Living
history**

Meet the new Victorians (p14)



London Borough of Newham

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Official figures showed recently that the tide of poverty and deprivation is turning in Newham, but if you want to see how people lived in the 1800s, discover how television is recreating it in Stratford (p14).

We are giving young people the best start in life by changing the way our children's centres operate (p8). Discover some of the fun activities that are lined up in our many parks (p11).

The election for the Mayor of London is almost upon us. Read about the voting process (p12). Discover also how our eight community neighbourhood teams are working alongside faith networks to support cohesion and resilience (p17).

First World War Victoria Cross hero Edgar Myles has been honoured with a commemorative stone (p18). Our libraries are getting ready to host a new touring production for young people (p23).

Find out how one of resident has been inspired to work with children (p24), how our community neighbourhoods are helping us to eat healthily (p27) and how Rugby League is returning to the former Olympic Stadium (p29).

Councillor Ken Clark

Cabinet member for building communities, public affairs, regeneration and planning

Keep in touch with Newham Council via:

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IN BRIEF //

Check in for health MOT

Residents can get a free health check on 30 April at Stratford Library in an event organised by Newham Council's Stratford and West Ham community neighbourhood team and Stratford Seventh Day Adventist Church.

The event from 12-4pm will allow you to meet a variety of health professionals and service providers to gain access to primary health checks and advice to improve your overall health and wellbeing.

It will include tips on healthy eating, healthy refreshments, dental checks, diabetes and blood pressure monitoring, children's stories and live music.

Change to equity scheme

Eligibility criteria for Newham's NewShare, the shared equity scheme which helps residents get a foot on the property ladder, has changed.

Previously, residents with a household income of up to £71,000 could apply for one or two-bedroom homes, or a three bedroom property if income was up to £85,000. The new criteria is up to a maximum of £90,000 regardless of size of property.

For more information email newhamnewshare@site-sales.co.uk or visit www.newham.gov.uk/NewShare or call 020 8502 5758.

New watchdog team

Services offered by Healthwatch Newham, the health and social care watchdog for residents of the borough, will be provided by a new organisation from 1 May.

The CommUNITYBarnet team will be running Healthwatch in Newham following a competitive tender process. They will be based at the Chargeable Lane Resource Centre in Plaistow.

Healthwatch Newham is looking for voluntary sector organisations to become part of a new advisory board. To get involved email info@healthwatchnewham.co.uk or call Mike Rich on 07977 487761. From 1 May contact CommUNITY Barnet on 020 3598 6414.

Construction kindness is applauded

Mayor Sir Robin Wales applauded a group of young apprentices and construction workers who carried out a free makeover at a Canning Town community playground.

Twelve building students joined skilled tradesman from Vinci Facilities who are working on the transformation of the former Olympic Stadium, to upgrade facilities at the Community Links Arc in the Park project in Hermit Road. Work included installing a new shower for disabled users and a new fire alarm system.

The Mayor awarded certificates to those who took part. He said: "I'm a great fan of people getting hands-on experience of construction. Starting work and getting into work is critical. Training to build your skills is how you build a career and your future."

Kevin Jenkins, life president of Community Links, said: "Private and public workers have come together to develop a lasting legacy for the community."



The Mayor awards certificates

Hundreds join donor appeal

Hundreds of residents attended an awareness day at Stratford Fire station to help find a bone marrow donor for four-year-old Tommy Simpson who was diagnosed with myeloid leukaemia in January.

Because he is of white (British) and black (Caribbean) heritage it is more of a challenge to find a suitable donor. Tommy's father Nigel is a firefighter at Stratford where the Match4Tommy day was arranged with the Afro-Caribbean Leukaemia Trust (ACLT) to encourage people to register.

Forest Gate South Ward Councillor Winston Vaughan attended the event. He said: "It was good to see so many residents offering to help."

Ronke Oke, from the ACLT, said: "The donor drive at Stratford was fantastic. Almost 400 people came out to join the register. Many members of the emergency services also showed their support by signing up." Call the ACLT on 020 3757 7700 for more information.



Cllr Vaughan, centre, supports the appeal

Stone remembers crash victims

Newham councillors helped to unveil a commemorative stone plaque at Stratford Station remembering 12 victims of a Tube train crash 63 years ago.

Councillor Joy Laguda, the chair of Newham Council, and Councillor Mas Patel, lead member for Stratford and West Ham Community Neighbourhood, were joined by West Ham MP Lyn Brown and relatives of those who died on 8 April 1953 when a Central Line train travelling towards Epping collided with a stationary train in the tunnel between Stratford and Leyton stations. In addition to the 12 fatalities, 46 passengers were injured or in shock.

The plaque is located on the mezzanine level at Stratford Station. Councillor Laguda said: "It is right that we remember those who died, but the stone is also a mark of respect for the families of the victims and for those from the emergency services who did their duty on that tragic day."



Cllrs Laguda, left, and Patel, right, at the unveiling

Support for people with autism

More than 120 residents attended an information event staged by Newham Council to mark World Autism Awareness Day.

The day, at St Mark's Community Centre in Beckton, was packed with activities including music, real-life stories and information and advice about the support available for people with autism and their families and carers. There were talks from the National Autistic Society and partners from the health and voluntary sectors.

The event was opened by Councillor Clive Furness, mayoral adviser for health and adult social care. He said: "Autism can be tough on individuals and their families, but there are services that can help. If you know a resident living with autism that doesn't have contact with the support available, get in touch with the council."

For more information about the services on offer in Newham for people with autism, visit www.newham.gov.uk/adultsocialcare or email gerry.okello@newham.gov.uk



Cllr Furness with other attendees

Properties told to smarten up

Newham Council has given more than 300 properties along Romford Road, including shops and businesses, three months to clean up their act.

A petrol station, a church, and private homes are among those served notices by the council's planning enforcement team, with some premises receiving more than one notice.

Property owners that fail to comply will be billed for any works the council carries out on their behalf. They could also face prosecution and a fine of up to £20,000.

The notices are part of the council's Linear Gateway Project, which require owners to take down oversized and excessive signage, remove canopy style structures and poorly positioned satellite dishes, and repair and repaint external plaster work and building frontages.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "We are committed to keeping Newham cleaner. This is just the start of our improvements to achieve this."

Now, let's build on strong foundations

One of this borough's greatest strengths is its diversity. We have people from all backgrounds, cultures and faiths proudly calling Newham home.

It is important that we continue bringing all these people together to maintain and further develop a strong Newham community spirit. I am a firm believer that we achieve more when people of all backgrounds and faiths work together towards common goals as one community.

“The event recognised the huge contribution that faith groups make to their communities and sought ways of using this work and knowledge to further benefit Newham as a whole.”

The recent Connecting Faiths-Building Communities Conference – the second organised by the council – was a true example of this in action. Around 250 people representing groups and organisations from across the borough came together at the Old Town Hall in Stratford.

The event recognised the huge contribution that faith groups make to their communities and sought



Addressing the conference

ways of using this work and knowledge to further benefit Newham as a whole.

It gave us all the chance to reflect on and celebrate the achievements we have made together since the last conference, which played an important role in developing the aims and objectives of the council's community neighbourhood teams.

Delegates took part in some hugely productive sessions during the day looking at further building on the foundations we have already laid.

These included how we could increase volunteering; tackle loneliness and isolation; and how we can all support the council's Keep Newham

Clean initiative to make the borough an even better place in which to live.

Community networks are important for cohesion and supporting people to navigate challenges and take up opportunities. As a council, building resilience lies at the heart of everything that we do. To achieve this we need to work with the community, not against it. We need to engage with people and bring them together, not push them away.

I believe this is part of our role as a council and I can assure every one of you that we will continue working to make Newham a great place to live, work and stay.



Mayor's view

Support that must begin now

During the faith conference at the Old Town Hall I reiterated my commitment to Newham playing its part in supporting the Syrian refugees fleeing their war-torn country.

These are people who have abandoned their homes and their livelihoods, often with very little, in a bid to rebuild their lives.

Newham is a borough with a rich and proud history of community spirit and we have committed to helping resettle at least ten families who have been displaced by the conflict.

The refugees need our help now, but we are still having to wait for the Government to work out the details of a properly-funded approach beyond the first year of support, to assist local authorities in playing their part. Frankly we cannot continue to sit idly by.

We have made it clear to the Government that we are ready and willing to support refugee families as soon as possible.

When they do finally come to Newham we will offer them the support they need to start again and integrate into our community.



No cuts to your frontline services

When the council passed this year's budget and New Deal for Newham's residents, I said that if anyone can identify a single cut to frontline services, then I wanted to know about it.

During this time of Government-imposed austerity we have ensured that residents are not negatively impacted by the £117 million of savings we've been forced to make over the past five years, and the £70

million we have to save by 2020.

For the eighth successive year residents are paying no more in Council Tax. While libraries are closing across the country we have not shut one, instead we've actually extended opening hours. We are investing more in our streets, in cleansing and in enforcement, so that residents can live in a pleasant and safe environment.

This doesn't mean that services

will not change, but I am determined that no one will suffer from any cut to frontline services. If you think a council frontline service in your area has been

cut, let me or your local councillors know. Email

newdeal@newham.gov.uk



with Sir Robin Wales

Rolling out a new start

Last year following a consultation with residents, Newham Council's cabinet agreed that a new model for children's centres would be rolled out across the borough.

This decision was taken in light of the Government's cuts and shifting funding away from children's centres to childcare. The new model would enable the council to continue delivering a universal local offer that supports every family with young children, and would join up childcare and health programmes, as well as provide extra support to parents who need it.

The offer, called the Best Start in Life Guarantee, would help children to become school ready by the age of five and would provide families with:

- > **15 hours of free eligible childcare, with this increasing to 30 hours when the Government's proposals are rolled out.**
- > **Regular Stay & Play sessions every week in each Community Neighbourhood.**
- > **Programmes, workshops and sessions offering evidence-based advice and guidance to improve parenting capacity in each neighbourhood.**
- > **Regular employment advice sessions will be available in each neighbourhood.**
- > **In each neighbourhood, a range of family health and development sessions, including: antenatal support; the transition to parenthood; the early weeks of life; perinatal wellbeing; breastfeeding initiation; healthy weight and nutrition; managing minor ailments and reducing accidents; and supporting speech and language development.**

These services would be delivered in a dedicated children's centre located in each of the borough's eight community neighbourhoods. These new hubs would be supported by a range of outreach venues including childcare settings, schools, libraries and community centres.

Beckton and Royal Docks (formerly Ellen Wilkinson) Children's Centre was one of the first to roll out the new offer. Mayor Sir Robin Wales and local councillors Ayesha Chowdhury, Patrick Murphy and Tonii Wilson were on hand to cut the ribbon and welcome parents.

The other children's centres will start delivering the new offer between April and June.

Based in the heart of the community, the Beckton and Royal Dock's Children Centre in Tollgate Road is a buzzing hive of activity where staff are enthusiastic about their work helping to support young families. The centre will also be running services from two locations including The Bowling Green in New Beckton Park and Pier Parade, North Woolwich.

A great deal of planning goes into delivering the "best start in life offer" across three sites and activities are developed to help children's personal, social and emotional development, their communication and literacy skills as well as meeting Ofsted requirements.

Working in partnership with the

community and parents, the staff at the centre are focused around meeting the needs of the community. With a high number of parents who have English as an additional language, the centre has also trained a family support worker to facilitate "Conversation Clubs" where parents can practise their English and integrate into the community.

The centre also undertakes joint working with social workers and other professionals to ensure that children and parents are safeguarded and that they can respond quickly to support families in times of personal crises.

Lenna Choi, Beckton and Royal Docks Children's Centre Manager, said: "Being the lead centre in the neighbourhood is a really exciting time for us. Our priority right now is to make sure that our services and presence within the area is well known.

"Working from two new venues means we will need to re-educate ourselves regarding the demographics and challenges so we can fully understand the needs of the wider area so that families really benefit from the services we deliver."

Carla St-Omer from Beckton was at the launch of the new Beckton and Royal Docks Children's Centre with her two year old Olivia.

She said: "This children's centre is great, the staff are lovely and professional. They really try to ensure that there is something for children of all ages to take part in.

"I feel that we haven't lost out despite the changes that have had to be made because of the cuts from Government. We have come out OK and it has brought everything together."



For more information on Beckton and Royal Docks Children's Centre visit www.bardcc.co.uk/

For more information on the other children's centres in the borough and the best start in life guarantee visit www.newham.gov.uk/Childrenscentres



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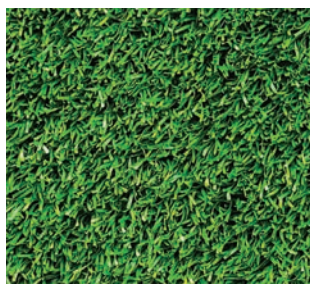
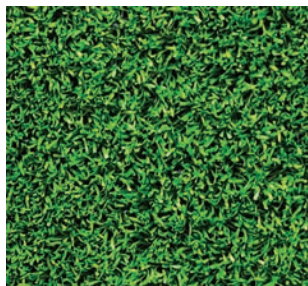
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ARTS COUNCIL
ENGLAND

Newham London

105.9 FM
92.2 FM



Time to get into the parks!

Newham Council in partnership with Coca-Cola Great Britain is delivering another programme of free ParkLives events for everyone, giving you more reasons to go into our beautiful parks.

The Spring programme runs from 2 May-24 July with a Summer programme to follow. You can enjoy free sports and a lively mix of fitness training and fun park activities. We have walks suitable for buggy mums and the over 50s – so come and make new friends! There's something for everyone – beginners especially welcome.

Barking Road Recreation Ground, E6
Tuesday – Multi-sport group meeting, MUGA, 6-7pm

Plashet Park E6. Mondays – Cricket skills and drills (ages 12-16), 5.30-6.30pm, 6.30-7.30pm
Wednesdays – Walking group meeting, 10.30-11.30am

Newham Leisure Centre E13
Mondays – Fit 'n' fun camp, ages 16+ (from 23 May), 6.30-7.30am
Wednesdays – Rounders, ages 14+, 6.30-8pm

Central Park, E6.
Saturdays – Yoga on the move (from 23 June), 10.30-11.30am

Stratford Park, E15. Wednesdays – Fit 'n' fun camp (from 23 May), 6-7pm
Sundays – Walking group meeting, Stratford Library, 1.30-2.30pm
Sunday – Multi-sport group meeting, MUGA, 5-7pm

Hermit Road Recreation Ground, E16
Mondays, Fridays – Family tennis, 4.30-5.30pm

New Beckton Park, E6
Tuesdays – Walking group meeting, Beckton Globe Library, 11.30am-1pm

Canning Town Recreation Ground, E16 3PB. Mondays – Walking group meeting, Custom House Library (from 9 May), 11am-12noon
Wednesday – Multi-sport group meeting, MUGA, 5-6pm

Star Park, E16. Wednesdays – Walking group meeting, Canning Town Library, 2-3pm

Gooseley Playing Fields, E6
Saturdays – Walking group meeting, East Ham Library, 10-11am

Forest Lane Park, E7
Wednesdays – Walking group meeting, Forest Gate Library, 11am-12noon

Priory Park, E6. Thursday – Multi-sport group meeting, MUGA, 3.30-5.30pm
Saturdays – Walking group meeting, Green Street Library (from 9 May), 10.30-11.30am

Plaistow Park, E13 0BD
Saturdays – Walking group meeting, Plaistow Library, 10-11am
Sunday – Multi-sport group meeting, MUGA, 2.30-4pm

Warwall MUGA, E6. Wednesday – Multi-sport group meeting, MUGA, 6-7pm

Jack Cornwell St, E12. Friday – Multi-sport group meeting, MUGA, 4-5.30pm

For more information visit www.parklives.com, get a programme at your local library, community or leisure centre, or call 0800 227 711.



MAKING YOUR MARK FOR LONDON

On Thursday 5 May voters will select their London Mayor and Assembly members. This will be a chance for Newham's residents to have their say in who makes city-wide decisions on housing, policing and transport.

Before the election, you will receive a polling card telling you where your polling station is located. You don't need to bring the card with you to the polling station, but if you do, it will help the staff find your name.

You can also find out where your polling station is by visiting www.newham.gov.uk/vote

All our polling stations will open at 7am and close at 10pm.

You will be able to cast four separate votes, using three ballot papers. Each ballot paper is a different colour.

Postal and proxy voters

If you've applied to vote by post, we will send your ballot papers to you about 11 days before the election. You need to return your marked papers in the sealed, prepaid envelope provided. Your ballot papers must reach us before 10pm on 5

May for your vote to be counted.

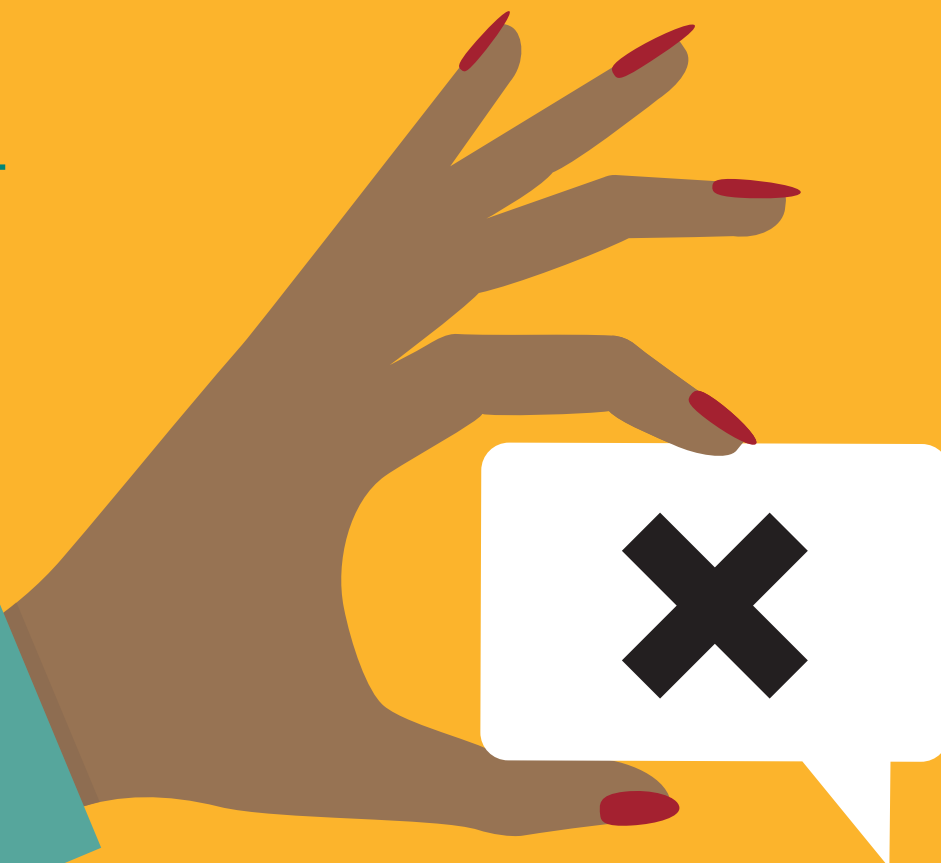
If someone else will be voting on your behalf (by proxy), they will go to the polling station and mark the ballot papers as you've requested.

If you have a medical emergency that means you can't get to a polling station and it is six days or less before the election, you can apply for an emergency proxy vote. The person who is voting on

your behalf must be registered to vote in their own right. You can find emergency proxy forms at www.aboutmyvote.co.uk

If you're not able to vote this time, you can still make sure you're on the register for future elections. Visit www.gov.uk/register-to-vote

For more information about voting and the elections, visit www.newham.gov.uk/vote



Vote for the Mayor

You can vote for your first and second choices of candidate for the London Mayor. The ballot paper shows which political party each candidate belongs to, or if they are standing as an independent candidate.

In column A, you mark the box next to the name of your first choice. In column B, you do the same thing for your second choice.

Your second choice must be different from your first choice. If you mark the same name twice, or only mark a second choice, your votes will not be counted.

If a candidate receives more than half of all the first choice votes they will be elected immediately. If this does not happen, the two candidates with the most first choice votes go through to a second round. All other candidates are eliminated.

The second choice votes of everyone whose first choice has been eliminated are then counted. Any votes for the remaining two candidates are added to their first round totals. So, casting a vote for your second choice doesn't reduce the chances of your first choice candidate being successful.

The candidate with the highest combined total of first and second choice votes will be elected as Mayor of London.

[illegible]

Vote for your Constituency London Assembly Member

You can vote for one candidate to represent your London Assembly constituency.

Mark the box next to the candidate you would like to vote for.

Your London Assembly constituency is not the same as the constituency you vote for in the general elections. Newham's constituency is City and East.

[illegible]

Vote for your London-wide Assembly Member

You can vote for one candidate to represent the whole of London on the London Assembly.

Again, you mark the box next to the candidate you would like to vote for.

[illegible]

~ SLUM LIVING ~ IN 21ST CENTURY

There are 13 people, although there have sometimes been as many as 23, living in a house in which they have no running water, central heating or electricity. There is no bathroom and only basic cooking facilities. The only access the “residents” of the house have to water is from a hand operated pump in a courtyard shared with a pair of donkeys.

Another “house of horrors” uncovered by Newham Council’s housing licensing team? No. The building in question is Alice Billings House, behind the Old Town Hall, Stratford, which has become home to a group of people selected by a TV crew, and have chosen to do without the day-to-day necessities that we take for granted for three weeks as they take part in a BBC living history documentary called The Slum.

The Slum, made by Wall to Wall for BBC Two, will chart the story of what life was really like for poor Victorians to show viewers the surprising and complex history that changed Britain’s attitude to poverty. It is due to be aired later this year.

“We are in the middle of the city but it is completely enclosed, just as it would have been in the 1800s.”

Mark Ball, series producer, said: “They are living here for three weeks. The only things they are eating is bread, cheese and water.

“They range in age from ten to 59 and we have 15 people in total. There are families, and couples and it is a bit of an experiment. You never quite know what’s going to happen – there is no script, just a detailed plan.

“There was poverty here in the East End and it was happening to their ancestors or great grandparents and that is the reason why they are doing it.”

He said although the cast were not ‘playing’ Victorians, their own experiences helped them to relate to those who went on strike over poverty. Amputee Andy Gardiner, from Oxford, a disabled professional golfer, wanted to find out about the history of disability and wore a wooden peg leg during filming.

Another two people sold hot potatoes for 30p, the price they would have sold them for in the Victorian era.

Mark said: “This building was just perfect. It has large rooms, a courtyard and working chimneys. We are in the middle of the city but it is completely enclosed, just as it would have been in the 1800s.”

All the rooms are dark and sooty, sparsely furnished so there are no curtains on the windows or any covering on the bare floors. Candles are the only source of light. One room, called the doss house, includes five coffin beds with straw-filled mattresses and a rough blanket where people can stay for four pence a night or a bench for tuppence a night for those who need to save their meagre pennies for food.

Mandy Howarth, from Chigwell, is living with tailor husband Russell. Her tailor ancestors from Russia and the Ukraine came and settled in the East End.

She said: “The thing I miss the most is not being able to have a shower but the toughest thing is worrying if we are going to make enough money and what are we going to eat?”

“One of our sewing machines broke and that was really worrying so we had to start working on hand made caps to make the money.”

Andy Gardiner, who owns the doss house and has to manage with a Victorian standard peg leg in place of his modern prosthetic, said: “It is really tough but it has been an honour because I did not realise quite how brutal London’s history was. We are finding it tough and there have been tears. My impression is that they were almost superhuman in their strength to survive this.”

Filming took place at Alice Billings House, a former Newham Council Housing office. It was arranged by the council’s Film Office. For information visit www.newhamfilloffice.co.uk

Children are part of the documentary



Tailor Russell Howarth at work in his shop





Mandy Howarth,
wife of tailor Russell



The doss house
featuring five
coffin beds



An elderly
resident



Alice Billings House



Someone
had to look
after the
donkeys!

Do you have an idea for a New Social Enterprise but need funding to set up?

The Beyond Business Programme, Bromley by Bow Centre are offering start up funding for new or emerging Social Enterprises across Tower Hamlets, Hackney and Newham. The Social Enterprise must be located in those Boroughs

What is the Beyond Business Programme?

Beyond Business has already launched a network of 60 plus successful Social Enterprises in the East End and provides:

- Start up funding,
- Strategic and business planning guidance, and
- Practical business support including training, mentoring and pro-bono legal services.

Is my idea for a Social Enterprise eligible?

To be eligible for a start up grant of up to £17,000 your idea for a Social Enterprise must:

- Have a clear social purpose and outcomes, such as employment for people with barriers to work, youth training, healthy living and local environment improvements.
- Have a sound business proposition and the potential to be financially sustainable without reliance on grant funding.
- Be able to legally set up and start trading by end January 2017.

How will Applicants be assessed?

- Stage 1: Applicants submit an expression of interest form for a panel review.
- Stage 2: Applicants successful at Stage 1 will be invited for an interview.
- Stage 3: Applicants successful at Stage 2 complete a business plan, with support from the Beyond Business team.
- Stage 4: Applicants successful at Stage 3 present their business idea and plan to an independent Dragons' Den panel on 17th October 2016 - funding then approved for successful applicants.

Need an expression of interest form?

Please contact: Kim Hayman, Beyond Business, Bromley by Bow Centre, St Leonard's St, E3 3BT
Telephone: 020 8709 9722
Email: kimh@bbbc.org.uk

The closing date for Submission of Expressions of Interest is 31st May 2016.

For full details on eligibility and any other information, please contact Kim Hayman



Newham London

Share your views and help improve Newham through better connections and neighbourhoods for local people.



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www.newham.gov.uk/pasta



This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602624-2

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Newham London

Together we achieve great things

As part of Newham Council's commitment to creating a cohesive society through stronger, more resilient communities, around 250 people from faith-based organisations came together to share ideas and discover how the work they do within their own networks can be supported by council initiatives.



The Connecting Faiths-Building Communities Conference held at the Old Town Hall, Stratford, identified ways of building an even stronger community and recognised the contribution faith groups make.

“As a community we have achieved great things together, but there is still much to do.”

The conference, organised by the council's community neighbourhood teams, was opened by the chair of Newham Council, Councillor Joy Laguda. There were speeches from Mayor Sir Robin Wales, East Ham MP Stephen Timms, Manor Park Faith Forum member Shiraz Kothia, Area Dean for Newham the Rev Jeremy Fraser, Councillor Ken Clark, Cabinet member for building

communities, public affairs, regeneration and planning, and MEP Claude Moraes through a recorded video message.

Mr Moraes, chair of the European Parliament's civil liberties, justice and home affairs committee, described Newham as a trailblazer in its support for faith groups and in its fundraising response for Syrian refugees.

Mr Kothia told the conference how local people had raised £300,000 to support Syrian refugees. He also outlined the joint effort between councillors and mosques to raise £10,000 to help the clean-up operation following severe flooding in the York area. He said: “It's important for us to be united as one community. As a community we have achieved great things together, but there is still much to do.”

The conference highlighted the work of the council's eight community

neighbourhood teams in bringing people together through events and initiatives to help build a more resilient community.

“Building a cohesive society is one of our key objectives and everyone who came to the conference plays a vital role in helping to achieve that.”

Cllr Clark said: “Building a cohesive society is one of our key objectives and everyone who came to the conference plays a vital role in helping to achieve that. It is the whole basis of our work across our community neighbourhoods. By working with people of different backgrounds and faiths we can build on what we have already achieved to continue creating strong communities in which all residents can flourish.”

London Borough of Newham

**COMMUNITY
NEIGHBOURHOODS**

Find out more by visiting
www.newham.gov.uk/communityneighbourhoods

Extraordinary actions of Edgar Myles, VC, celebrated

The extraordinary actions of World War I hero Edgar Myles were honoured with the unveiling of a commemorative stone at the Central Park Cenotaph in East Ham.



The special ceremony, held on 11 April, marked the heroic actions which led to Second Lieutenant Edgar Kinghorn Myles being awarded the Victoria Cross during the First World War. The special stone was unveiled by the Deputy Mayor of Newham, Councillor Lester Hudson, and Ian Newson who is a relative of Second Lieutenant Myles.

The Victoria Cross (VC) is the highest award for gallantry a member of the British and Commonwealth military services can achieve. The ceremony was part of Newham Council's commitment to honour those from the borough who received the medal during the 1914-18 conflict.

"We should not forget that while they did extraordinary things, they were ordinary people."

Among the several hundred people who attended the event was Lance Sergeant Johnson Beharry, from the Princess of Wales Royal Regiment, who is one of only two serving soldiers to have been awarded the VC.

In total five people from Newham received the VC during World War I, and a stone will be laid at the Central Park Cenotaph for each of them around the 100th anniversary of the act of bravery for which they received their award.

Councillor Lester Hudson said: "It is so

important we remember people who have died serving their country. We should not forget that while they did extraordinary things, they were ordinary people.

"As we remember the valour of people like Second Lieutenant Myles we should learn from them and continue to honour their endeavours even after a hundred years have passed. Their actions should act as an inspiration to us all and remind everyone that helping others in times of need is one of the greatest things we can do in our community.

"When he was in a terrifying situation this 21-year-old stepped up and put the safety of others above his own."

Lance Sergeant Beharry said: "I am here representing the modern military and supporting the family as well. I want to show that the heroic efforts of Second Lieutenant Myles are still remembered and were not in vain."

Second Lieutenant Myles was awarded the VC for attempting to help relieve the besieged town of Kut in Sanna-i-Yat, Mesopotamia, on 9 April 1916.

On several occasions he went out alone under heavy fire to help wounded men who were lying in the open. He managed to carry one injured officer to safety despite being wounded himself in the process.

Bob Stokes, Poppy Appeal Organiser from the East Ham branch of the Royal British Legion provided the Victoria Cross citation at the event and chaplain to

the Royal British Legion, The Rev Fred Ashford-Okai, blessed the stone.

Members of the public and children from 17 schools across the borough also attended the ceremony during which a number of wreaths were placed at the Cenotaph.

Ian Newson, said: "I knew very little about his private life. His Army life is well documented. I did meet him when I was a child but I only really found out about him in and around 2003/2005 when I started to research our family history.

"We have come here because the people that fought in the war need to be remembered. They have got the VC for their extreme bravery."

"It was only then that I became aware of his VC and his DSO and sort of went on from there. I was a bit surprised by what I found and over the years I have become much more appreciative of what he had done. I have found out so much about how bad the Great War was and I am in absolute in awe of the people that went out there."

Gerald Boaky, ten, from Salisbury Primary School, E12, who was at Central Park with fellow pupils Zaira Khanom, nine, and Wyshnavi Ragupathy, ten, said: "We have come here because the people that fought in the war need to be remembered. They have got the VC for their extreme bravery."



Clockwise from top right; (1) Standard bearers and dignitaries behind the stone; (2) Lance Sergeant Dan Fairley sounds the Last Post; (3) Ian Newson unveils the stone; (4) Lance Sergeant Johnson Beharry VC; Replicas of Edgar Myles' medals with the VC on the far left; (5) Pupils from Salisbury Primary School



Newham in pictures



1 Staff and children at Vicarage Primary School, Vicarage Lane, East Ham, E6 planting trees. **2** A would-be firefighter at the wheel of a fire truck during an open day at Stratford Fire station, Romford Road, E15. **3** Treasure Island was brought to life at The Gate in Woodgrange Road, Forest Gate, E7. **4** I can do it! Youngsters enjoyed the opportunity to try out new sports at Chobham Academy, E20, at the launch of Newham Council's Sports Inspired scheme. **5** No wonder he's smiling – he's about to tuck into a healthy meal prepared at East Ham Leisure Centre, Barking Road, East Ham, E6.

MENTAL HEALTH
AWARENESS WEEK
18-22 MAY 2016

Active Minds Café

Thursday 19 May, 12noon-4pm
Stratford Library, 3 The Grove, E15 1EL

Come and join us to celebrate Mental Health Awareness Week with the launch of the Active Minds Café in Stratford Library.

Activities, advice and guidance are on offer to support mental wellbeing in Newham.

Refreshments will be provided.

To book your place or for more information:

Email Shamilla.kumari@newham.gov.uk

Call **07854 962 478**



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Free

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& WEST HAM**
COMMUNITY NEIGHBOURHOOD



Newham London

Stick with us and get your fourth month FREE*.

**Join activeNewham in April and we
will give you a FREE month***

Our flexible memberships start from as little as £24 per month so start getting more active and look and feel great for the summer.

Work out in the gym, improve your swimming in the pool, try a new exercise class and play your favourite sport!

To find out more call 0300 124 0123[†], drop into your local leisure centre or visit www.activeNewham.org.uk



Atherton Leisure Centre,
189 Romford Road,
Forest Gate, E15 4JF

Balaam Leisure Centre,
14 Balaam Street,
Plaistow E13 8AQ

East Ham Leisure Centre,
384 Barking Rd,
East Ham E6 2RT

Manor Park Fitness Centre,
464 High Street North,
Manor Park, E12 6QN

Newham Leisure Centre,
281 Prince Regent Lane,
Plaistow E13 8SD

*Terms and conditions apply. This offer applies to the fourth month of continuous membership when joining in April 2016. The free month will be August 2016.

[†]This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.

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Newham London

active
newham



The Librarian run

At a time when nationally libraries are under threat of closure or are seeing a fall in the number of visitors we are bucking the trend with Newham Council supporting a whole raft of activities that engage with our residents, keeping them returning to libraries.

Nationally over the past six years hundreds of libraries have closed and more than a hundred are earmarked to suffer the same fate this year alone.

Newham Council has not closed any of its libraries in that time. This is because we recognise the vital role our libraries play in our approach to building stronger and more resilient communities.

Councillor Ken Clark, Cabinet member for building communities, public affairs, planning and regeneration, said: "Our libraries are not just places where people can find a new book to read or film to watch. They are focal points for our community.

"They are somewhere residents can discover what is happening in their local area and how they can get involved.

"Over the past few years we have seen more and more people visit our libraries as a result of the range of

community activities they host. We have already extended our evening opening times for seven of our libraries, giving residents even more chances to use the facilities and find out about their local area.

"It is all about enhancing the services we provide our residents and in Newham it is something we are seeing going from strength to strength."

Now, three of the borough's libraries, in conjunction with the Discover Children's Story Centre, will be hosting performances of The Librarian by the Inspector Sands Theatre Company.

The Librarian is a live action audio book for children aged four and over. It is a bibliographic adventure featuring talking books, moving shelves and a librarian like you've never seen before. It has been created to enthral children with the secret magic of libraries and encourage attendance and a love of reading.

Dates and Performance Times

Beckton

Schools, Mon 16 May-Fri 20 May:
10.30-11.30am, 1.30-2.30pm and for families after school 4.30-5.30pm
Families, Sat 21 May : 11am-12noon,
1.30-2.30pm, 3.30-4.30pm

Stratford Library

Schools, Mon 23-Fri 27 May: 10.30-11.30am, 1.30-2.30pm and for families after school 4.30-5.30pm
Families, Sat 28 May: 11am-12noon,
1.30-2.30pm, 3.30-4.30pm

North Woolwich

Mon 30 May-Sat 2 June (Half Term)
Families: 11am-12noon 1.30-2.30pm, 3.30-4.30pm

**To book your free place call 020 8536 5555, Mon-Fri, 10am-5pm or visit www.discoverstory.eventbrite.com
To download the What's On App, visit www.newham.gov.uk/communityevents**

Inspired to work with the young

Newham has one of the fastest growing populations in the country and our youngest children deserve the best quality care and education that we can provide.

One of Newham Council's New Deal commitments is to ensure that every child in the borough gets the best start in life. As part of that commitment to the youngest members of our community, those who provide childcare and early years education services for the young were honoured at a special event.

Among them was Tabinda ul-Hassan,

known as Tab, a manager at the St Albans Pre school alliance in East Ham. The nursery which is based at St Albans Church in Wakefield Street was opened in 2011 and was awarded good provider status in the private, voluntary and independent sector by Ofsted inspectors.

The nursery's six staff look after 30 children throughout the day, in two

sessions, one in the morning and another in the afternoon. They provide a colourful, vibrant environment that also includes a variety of small pets to help children learn and develop through play.

Mother of two, Tab, 44, who has been part of Newham's pre-school learning alliance for 12 years said being presented with the award at a special ceremony at



New Deal For Newham

Tabinda ul-Hassan

the Old Town Hall in Stratford recently was a pleasant surprise.

She said: "I think it was recognition for all the work that we do and it (the award) does make you feel a lot more professional but it also gives us an incentive to carry on doing what we are doing. And it shows us that we are on the right track. It is recognition for the whole team and for

everybody that is involved in the setting here, all the way up and all the way down.

"I moved into the borough in 2000 and had recently had my first child so for three years I was a stay-at-home mum. I upskilled myself and did ICT and accounting. During that time my son attended a crèche and that was when the seeds were sown of possibly working

with children.

"In 2003 I did a Level 3 diploma in childcare and then in the following year I applied for a post at St Matthew's in Stratford as a pre-school practitioner and was successful.

"Two years later I was a setting deputy manager and then a manager. Now I am a pre-school manager at both St Albans and St Matthew's in Stratford.

"In 2008 I did an NVQ 4 in childcare. I was lucky that the local authority funded a Foundation Degree in leadership management and then topped it up a year later to make the qualification into a BA.

"When they leave you feel a sense of pride because you have seen them progress from the time they started with us."

"My absolute favourite part of the job is engaging with children and seeing the progress that they make while they are here – that's what keeps me in the job.

"When they leave, you feel a sense of pride because you have seen them progress from the time they started with us. Some of them start when they are just two years old and leave when they are four.

"We are very lucky in that even when they leave us we still see them because most of the families are local. There are three primary schools not far from us.

"My typical day can include anything from carrying out inductions for new parents to supporting staff or supervising staff."

Linsey Jones, overall manager of the pre-school alliance in Newham, said: "I think the award has validated all the work we have done over the years. We have always strived to achieve a high standard and have been very fortunate to have achieved it. It doesn't mean we can stop.

"Tab is a joy to work with and takes her work very seriously."

For more information on early years and childcare visit:
www.newham.gov.uk/childcare

Diabetes Support Club

Manor Park Library
685-691 Romford Road, E12 5AD
20 May and 17 June, 5.30-7pm
And then on the third Friday
of every month, 5.30-7pm

**Do you have diabetes or are you concerned
that you might develop diabetes?**

Get friendly advice from health professionals about
managing diabetes, plus healthy lifestyle tips to help
reduce your risk of developing the condition.

To book your place or for more information:
Email: zakir.adam@newham.gov.uk
Call: 020 3373 0858 or 07812 675 213

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Newham London



Having fun with lunch

Mothers from across Newham learnt to bhangra and cook healthy meals at a lunch club with a difference supported by the East Ham Community Neighbourhood team at East Ham Leisure Centre during the Easter break.

The group of 70 mums were part of the holiday lunch club being run at East Ham Library by the Food Academy in conjunction with leisure provider activeNewham which kept their children involved in a series of fun activities linked to healthy food and keeping fit.

Each family that took part in the club will get the chance to attend the Food Academy at East Ham Leisure Centre for eight days between April and October. While the parents took part in activities like bhangra or cooking, their children enjoyed fun and playful activities while learning about healthy foods and staying fit. At the end of the session they tucked into meals prepared during the club at East Ham Library.

Councillor Ken Clark, Cabinet member for building communities, public affairs, planning and regeneration, also enjoyed a meal.

He said: "The while aim of our community neighbourhood teams is to bring people together and this is a prime example of just how we do that.

"This is a win win project. Not only does it bring local people together it also supports our commitment to helping people lead healthier lives.

"This lunch club will help parents to develop the habits which are essential

not just for them but also for their children in the years to come.

"An added but essential part of staying healthy is knowing how to keep fit and I was delighted to see that activeNewham has worked closely with the Food Academy to show parents and children just how much fun staying fit can be."

Carlos Montes, director of the Food Academy said: "The Food Academy was delighted to celebrate the opening of the fantastic new programme of Holiday Lunch Clubs with bhangra dancing, 70 mothers and children eating together at the East Ham Library and the enthusiastic support of Councillors Ken Clark and Julianne Marriott."

The holiday lunch club is the result of a partnership between Tesco, the British Heart Foundation, Diabetes UK, and the Food Academy and Newham Council.

To find out about your local Community Neighbourhood team visit: www.newham.gov.uk/communityneighbourhoods

London Borough of Newham

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Download the free **Love Newham** smartphone app now

Search for **Love Newham** in your app store



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Love Clean Streets.
www.newham.gov.uk/lovenewham

Mayor of
Newham

Take your seats for **Rugby League**

Most of us will be familiar with the fierce rivalry that exists between England and Australia across a range of sports. In November the old enemies from the northern and southern hemispheres will meet in a Rugby League international at the Stadium in Queen Elizabeth Olympic Park.

The match on Sunday 13 November is part of a Four Nations tournament involving England, Scotland, Australia and New Zealand during October and November at six different venues.

The day will be action packed with entertainment for all to enjoy, and Mayor Sir Robin Wales has arranged for Newham residents to be able to see the game by snapping up discount price tickets.

He said: "I want to see as many Newham residents as possible enjoying top sport in the Stadium. That's why we invested in transforming it into a world class arena."

It is not the first time that Rugby League has been played at the Stadium. Last November England lost

to New Zealand. England captain Sean O'Loughlin said: "To get the opportunity to play again in the famous surroundings of the former Olympic Stadium is fantastic.

"The squad love playing in the nation's Capital and this time it will be against Australia. Our games against each other are usually high intensity and action packed. The support we got at Queen Elizabeth Olympic Park last time was outstanding. Returning gives myself and the squad a real boost knowing we'll be playing one of our biggest games on one of our biggest stages."

England play current World Cup holders Australia on Sunday 13 November at 3.30pm.

The Rugby Football League and Newham Council have come together to offer residents some fantastic ticket offers. You can receive up to 50% off group rates, 25% off Category 4 Adult tickets or £5 off adult tickets in any other category. The offer is available until 8 May.

Visit www.rugby-league.com/tickets and use the promo code NEWHAM at the checkout to receive your discount, or call the Rugby League Ticket Hotline on **0844 856 1113**. Email groups@rfl.co.uk for group enquiries or bookings.



England vs New Zealand last year

Anti-bullying lessons bear fruit

Children at a primary school have been helping staff deliver anti-bullying lessons after taking part in an intervention programme.

Fifteen anti-bullying ambassadors, called Hartley Anti-Bullying Whizz Kids, regularly help staff to deliver lessons to year 4 children at Hartley Primary School. They were selected after the school was invited three years ago to take part in a Kidscape Bullying Intervention Programme. It provided the school with valuable training and resources.

Due to the positive feedback from the pupils regarding the lessons and the success of the Whizz Kids, the school has decided to make the anti-bullying lessons an integral part of its life.

The lessons highlight bullying behaviours, reasons people bully and the different types of bullying. They discuss empathy and spotting the signs that someone is being bullied. Crucially, pupils are encouraged to reflect on their own behaviour and the importance of making the right choices, and knowing where to go for help. The lessons equip them with the confidence to voice their concerns.

Pupil Abdullah Malik said: "The anti-bullying lessons have been really helpful, and made me think about and improve my behaviour."

Sunita Sharma, learning mentor the school, said: "The introduction of the Kidscape Anti-Bullying Programme has had a positive impact at Hartley.

Children have a clearer understanding of bullying behaviour and increased resilience in dealing with any incidents. There is a marked reduction in incidents reported by children and parents as a result."



TB awareness takes to the street

Shoppers in East Ham's High Street North got more than they bargained for when Newham Council staff held an information event to raise awareness about tuberculosis on World TB day.

Staff from East Ham Community Neighbourhood were joined by a TB nurse and a doctor as they spoke to residents, giving them advice on the symptoms of TB and the benefits of early detection and the impact it can have on treatment options. They handed out 500 information leaflets between 10am and 1pm from a stand outside the Primark store.

A group of people also made a point of discussing their concerns with the TB nurse. Lead councillor for East Ham, Rev Ann Easter, said: "It was definitely worth it because a lot of people were unaware of the statistics for the borough. It was good to hear that many mums are either getting their children vaccinated with the BCG (a vaccine that protects against TB) or had them vaccinated already. What was disappointing was the number of people who thought that TB was spread by spitting."



Newham student's abseiling challenge to save young lives

A university student from Manor Park has overcome her fear of heights and managed to raise money to support young people struggling with mental illness.

Esther Oluga, 22, who is in her final year of a sociology degree at Essex University, joined her friend Samaa Elsandabesee and fellow students in an 'Over the Edge' challenge by abseiling down the university's Rayleigh Tower. They scaled the 14 floor tower to raise more than £560 for national charity Papyrus Prevention of Young Suicide.

Esther said: "I had never done anything like this before. Papyrus is an amazing charity; talking about mental illness and helping to prevent young suicides. It is alarming that suicide is the main cause of death of young people under 35. Nobody should suffer in silence and be a victim of stigma. We need to talk about it and like Papyrus, create a safe space for all people to ask for help."

The friends met at the University of Essex Sanguine Mental Health Society that was created to raise awareness of mental health conditions and to support students by signposting them to the appropriate help.

The charity's HOPELineUK helpline services provide a unique service in the UK for young people themselves and those concerned about them. To speak confidentially to its team of trained professionals for practical advice and support call **0800 068 41 41** text **07786 209 697** or email **pat@papyrus-uk.org**.



Help available to get the party started for Queen's birthday

Residents who want to mark the Queen's 90th birthday, and bring the community together this year, can get a helping hand to get their party started from Newham Council, with grants of up to £250 available to help stage an event.

Funding from the council will be available to support events running from April and throughout the summer. To apply for a Let's Get The Party Started grant residents must be aged 16 or over. The event must be held in the borough and be open to the whole community, to help bring people from different backgrounds together.

Residents are advised to apply for funding at least eight weeks ahead of their event, to ensure that their application can be processed.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "This is a great opportunity for local residents to join in the celebrations, and once again we are offering support to those seeking to hold events that bring their local communities together."

For more information and to apply go to **www.newham.gov.uk/party**

Ranelagh pupils learn about Hinduism in temple visit

Students from Ranelagh Primary School, Stratford, went to the Radha Krishna Temple in Stratford to learn about the Hindu faith.

The year 4 pupils learnt about the presiding deity, Radha Krishna, and the five prime Hindu deities and their significance to the Hindu faith and the reasons why Hindus come to the temple to pray to them.

The temple was founded in 1967, as a Hindu Religious and Cultural Centre and is open every day for worship and

prayers. It also serves the community by offering language classes in Hindi, Gujarati and English and many other activities. Ranelagh school embraces the rich cultural diversity at the school and aims to teach its pupils about community cohesion, individuality and globalisation. School staff are always looking for activities outside the classroom to provide inspiring educational visits.

The pupils learned about Ganesha, the Hindu Elephant-Deity, who is known as the Lord of success and destroyer of evils and

obstacles. He is also worshipped by Hindus as the god of education, knowledge, wisdom and wealth. The children were told that Hindus believe that Ganesha's fan-like ears and small mouth encourage him to listen to his parents and teachers.

Class teacher, Susie Walsh, said: "The trip to the temple was organised as part of the religious education curriculum for year 4 pupils. It is very important that our children are able to learn about the different cultures and religions in the Stratford community."



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry. We
cannot return any entries.

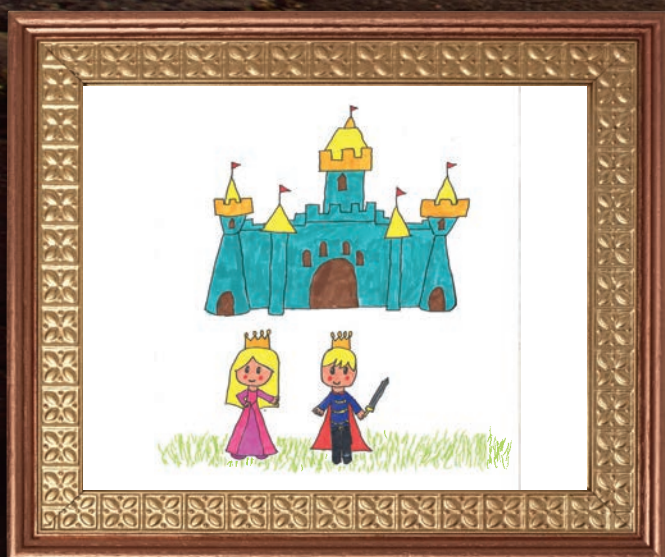
GALLERY



Harris mahmood, 10



Nadia Alzein, 8



Fawziyah Chowdhury, 12



Lasmina Andreea Luca, 7

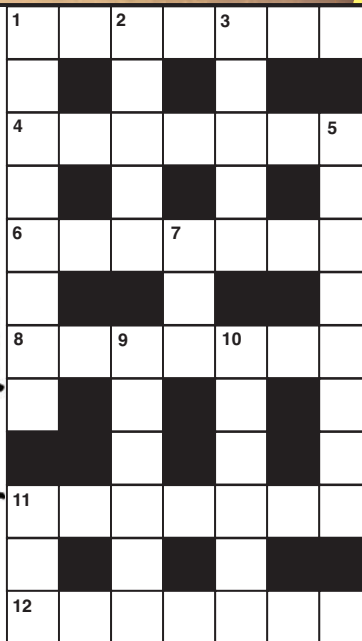
Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Crossword



Across

1. Person who rides a bike (7)
4. Lions, giraffes and beavers (7)
6. Part of a company of soldiers (7)
8. Watch carefully (7)
11. Person in charge of a football match (7)
12. Sea-robbers who had a skull and crossbones on their flag (7)

Down

1. Winner of a sporting competition (8)
2. The world's most highly-populated country (5)
3. Re-arrange HADIO to form a US state (5)
5. One of a number which make up a paragraph (8)
7. Drawn match (3)
9. Experience pain (6)
10. Be sorry about (6)
11. Tear or cut (3)

Poem

The Mighty Romans

Romans were great fighters.
Romans made wars.
Men fought like tigers,
And women did chores.
Brave and bold,
Powerful as told,
Great as lords,
And they were knights with shiny swords.

Some rich children went to school,
And some had to work with a tool.
Men, women and children wore tunics,
Which were made out of wool.
But we wear different clothes each day,
So their clothes were not so cool.

By Tasneem Hossain, 10.

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1

Newham Super Choir – a chance for you to flex those vocal chords. All ages are welcome to this free event at Beckton Community Centre, Tuesdays 10.30-12noon.

2

Baby Sensory Group – precious early learning for babies up to 13 months old. Sessions free but places are limited so first come, first served. First Thursday of the month, 10.45-11.30am, Beckton Globe Library

3

Zumba and Salsa – two new Thursday classes allowing men and women to dance and get fit. Zumba, 10-11am, Salsa, 1.30-2.30pm at St Marks C.C. £5 per class or £8 for both.

POPCORN FILMS

A chance to enjoy free film entertainment while munching your favourite snacks. Entertainment for 5-12-year-olds is free. Tuesdays and Saturdays, 4.30-6.30pm at Beckton Globe Library, 1 Kingsford Way, E6 5JQ.



TRY SOMETHING NEW... HEALTHY SUNDAYS AT CODY DOCK

A series of free classes and talks on Sunday mornings from May until mid-July.

First class will be on 1 May, 10am-5.30pm, on kundalini yoga, followed by talks on mind clearing, energy and crystal medicine, a five rhythms workshop. Classes are free but places are limited so come early. For more information visit www.facebook.com/CodyDock/

Cody Dock, 11c South Crescent, E16 4TL. Nearest station is Star Lane.

Indicates free sessions

Libraries unless stated

UNDER-FIVES

Toy Library

Introducing toddlers to borrowing toys. *Thurs, 11-12noon, Beckton*

Storytelling

Mon 11-11.45am, Tues 10.30-11.30am, Beckton; Tues 10.30-11.30am, Thurs 2-3pm, Plaistow; Sat 11.30am-1pm, Green St; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am, Thurs 9.45-10.45am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park; Mon, 10.30-11.30am, Custom House; Tues, 10.30-11.30am, The Gate

Stay and Play

Support for parents and carers to develop their child through play. *Tues, 9.30-11.30am, Jeyes C.C; Thurs, 1.30-3.30pm, Jack*

Cornwell C.C; Mon, 10.30-11.15am, Custom House; Tues, 10.30-11.15am, The Gate

Jiggaree Session (term time)
Fri, 10-11am, Plaistow

Reading Together
Thurs, 2.30-3pm, Custom House

Rhyme Time
Mon, 2.45-3.30pm; Tues, 10.30-11.15am, North Woolwich

Bumps and Babies
Fri, 1.30-3.30pm, The Gate; Mon, 1-3pm, Beckton Globe

YOUNG PEOPLE

Games Club (7-16yrs)
Sony PS3, Xbox360, Nintendo Wii, board games and more.
Thurs, 4-6pm, Plaistow; Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; 5-7pm, Beckton Globe (5-12yrs); Fri, 5.30-7.30pm, Green Street

Froud Young Project (7-16yrs)

Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C.

Arts and Craft Workshop (5-12yrs)

Tues, 4-6pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich; Weds, 5.30-7.30pm, East Ham; Thurs, 6-7.30pm, Manor Park; Mon, 4.45-5.45pm, Beckton Globe

Young Readers Club (7-12yrs)

Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

East Ham Youth Zone

Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Kids Dance

Sat, 5.30-7pm, Green St

Family Movie Club

Free films for all the family. Fri, 5.30-7pm, Manor Park; Sat, 4-5.30pm, Green St

Time-2-Craft (16+)

Sat, 10-12noon, Stratford (term-time)

Homework Club

Fri, 4-5pm, Beckton; Fri, 3.30-5.30pm, Canning Town; Fri, 4-5.30pm, East Ham; Sat, 2-3.30pm, Manor Park; Mon, 3.30-4.30pm, North Woolwich; Mon, 3.30-5pm, Plaistow Library; Mon, 4-6pm, Stratford; Sat, 10.30-12.30pm, The Gate; Sat, 2-3.30pm, Green St

Film Club (16+)

Thurs, 1-3.30pm, North Woolwich

Children's movie club (5+)

Thurs, 4-7pm, North Woolwich; Sat, 4-6pm, Manor Park

Board Games Club

Tues, 4-5pm, Sun, 1.30-2.30pm, Stratford; Wed, 6-7.30pm, Manor Park; Sat, 11am-12noon, North Woolwich; Fri, 5.30pm-6.30pm, Beckton; Tues, 4.30-5.30pm, Green St

Young People's Positive Activities (9-19yrs)

Weds, Fri, 7-9pm, Harold Road

Centre; Wed, Thurs, 5.30-8.30pm, Katherine Road C.C.

Elevated Aspirations

Young 'N' Gifted Choir. All young people are welcome to join. Weds, 6.30-9pm, Stratford, email shaka@youngngifted.org or call 07956 436 743

Family Film Night

Sat, 5.30-7.30pm, East Ham

Crafty Challenges

Fri, 5:30-6.15pm. All ages welcome, East Ham

Karaoke Night

Mon, Fortnightly, 6-7.30pm Beckton Globe Youth Zone

1st Stratford Brownies (7-10 yrs)

Girls only children's group. Weds, 6:00-7:30pm, Play Sow and Grow, 6 Gay Road, Stratford, E15 2RN, £20 per term (10 weeks). Email guidinginstratford@outlook.com

East Ham Performing Arts

Fri, 6.30-7:30. All ages welcome, East Ham

Children's Chess Club (8-16yrs)

Thurs, 14 Apr, 5-6pm Custom House; Weds, 5-7pm, Green St

Arts and Crafts Workshop (5-12yrs)

Mon, 4-5pm; Fri, 4-5pm; Sat, 1-2pm, Green St.

Countries Culture Club

Weds, 5.30-6.30pm, Green St

Handwriting Practice

Tues, 4-5pm, Green St

Cartoon Club

Mon, 3.15- 4pm, Weds, 3.15-5pm, Green St

Multi Games

Free indoor games, activities for children aged 6 to 12. Mon, 5-6pm, Green St

ACTIVITIES AND SUPPORT



Afternoon tea

Weds, 4-5.30pm, Canning Town

Chess Club

Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs,

5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate

Coffee Mornings

Tues, 11.30-1pm, Beckton; Mon 11-12.30pm, North Woolwich; Thurs, 10.45 – 12noon, Canning Town; Tues, 11-12.30pm, Custom House; Weds, 27 Apr, 10.30am-12noon, Green St

Do It Online (18yrs+)

Six-week or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon, East Ham; Weds, 2-4pm, Stratford; Tues, Thurs, 11am-1pm, Green St; Tues, 10am-12noon, Katherine Road C.C; Tues, 2-3.30pm, North Woolwich; Weds, 2-3.30pm, Beckton Globe

Knit & Natter (16yrs+)

Weds, 10am-12noon, Beckton; Fri, 10.45-12noon, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, Plaistow

ICT Surgery IT advice for all ages. Fri, 2-4pm, Canning Town

ICT Drop-in Session

Set up a My Newham profile and create an email account. Fri, 11am-1pm, The Gate; 10.30am-12.30pm, Green St; Weds, 10.30-12noon, Stratford

Deafroots Deaf Club

Including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242 778.

Adult Reading Groups

Thurs, 5 May, 6.45-7.45pm, Plaistow

Life in the UK Classes

12-week course. Contact 020 8542 3904. Weds, 10am-12noon, East Ham; Weds 12.30-2.30pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St; Tues, 12noon-2pm, Stratford

ESOL for Beginners

Tues, Fri, 1-3pm, Plaistow; Tues, Fri, 9.30am-12.30pm, Jack Cornwell C.C; Weds, Thurs, 9.30-11.30am, Katherine Road C.C; Mon and Weds, 9.30am-3pm, Beckton C.C. Call 020 8522 5772 to enrol.

ESOL for Absolute Beginners

Weds, 9.30am-2pm, Katherine Road C.C; Mon, 10-11am, Green St

Safer Neighbourhood Drop-in

Weds, 10am -11am, Stratford; Tues, 26 Apr, 11am-12.30pm, Custom House; Thurs, 28 Apr, 10-11.30am, Canning Town

Sewing Class

Weds, 10am-12noon, Beckton C.C. £2 per session.

Ballroom Dancing (18yrs+)

Tues, 2-3pm, Beckton C.C; Thurs, 2.30-4pm, Field C.C

Citizens Advice Sessions

Advice sessions on money management, energy saving and debt. Appointment only. Mon, 11am-1pm, Manor Park

Introduction to Newham Online Course

More than 500 free courses. Sat, 11am-12.30pm, Manor Park

Basic Computer Skills

Fri, 10.30am-12.30pm, Manor Park

My Newham Workshop

Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park

English Conversation Club

Practise your spoken English. Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Road Institute, E12 5JY

Together We Can

Group for adults under 50 who have had a stroke. Fri 29 Apr, 2-4pm, Plaistow

Stratford London Toastmasters

Public speaking & leadership club. 1st and 3rd Monday of each

month, 6-8pm, Stratford

Embroidery Group

Thurs, 10.30am-12.30pm, Manor Park

International Lunch Club

Cost £3 per meal. First come, first served. Mon, 12noon, Beckton C.C.

Docklands Drop-In Group

Weds, 1-3pm, Beckton C.C.

Chai and Chat Women

Group (18+) For women who use the mental health service only. Weds, 10.30-12.30pm, Plaistow

BPCA Day Care Centre

For people with multiple disabilities. Mon-Fri, 9am-4pm, Beckton C.C.

Workplace Drop-ins

Discuss job vacancies training etc. Weds, 4 May, 2-4pm, Stratford, email:rehana.b@newham.gov.uk; Thurs, 5 May, 2.30-4pm, Canning Town

Employment Support

Session Weds, 27 Apr 5.30-7.30pm East Ham

Creative Writing

Thurs, 28 April, 5.45-7.30pm, The Gate; Thurs, 28 April, 6.30-8pm, Beckton Globe

Get Connected

Bring your own device. Weds, 1-2pm, Green St

Employment Support

Last Weds of month, 5.30-7.30pm, East Ham

English Conversation

Club Mon, 6-7.30pm, Manor Park; Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Road Institute; Mon, 11-12noon, East Ham; Weds, 10.30-11.30am, Beckton Globe; Sat, 10-12noon, Stratford; Mon, 10-11am, Plaistow

Model Train Workshop

Mon, 12.30-3.30pm, North Woolwich

CYANA

Cancer You Are Not Alone, drop-in advice session.

Thurs, 28 April, 3 - 5pm, The Gate

Oral Health Drop-in Thurs, 5 May 3 - 5pm, The Gate

Gamers Group.

For adults with Asperger's Syndrome (AS) and High Functioning Autism (HFA). Thurs, 28 Apr 1-3pm, Plaistow

Hatha Yoga (18+)

Bring your own mat. £3. Fri, 10.45-12.15am, Jack Cornwell C.C

Martial Arts (6-12yrs)

£2. Tues, 6.45-7.45pm; Thurs, 4.45-5.45pm, Beckton Globe

Table Top Sale

£5 per table.30 Apr, 9am-2pm, Jack Cornwell C.C.

UEL Drop-in Tues, 2 May, 10.30-12.30noon, The Gate

Basic English for

Beginners Mon, Weds and Thurs, 10.30-11.30am, Green St

Acupressure (16+)

Relieve physical and medical problems with pressure points. £5. Sat, 1-3pm, Plaistow

The Rich As A Minority

Group Exhibition of works by artists Ruth Beale and Amy Feneck. Fri 29, Sat 30 Apr and Thurs 5, Fri 6, Sat 7 May, 12noon-6pm, Rabbits Road Institute, Old Manor Park Library

COMMUNITY ACTIVITIES

Mums2be Meetup

Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email newham@nct.org.uk

Mums, Bumps and Babies

Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Junior Volunteer Police

Cadets (10-12 yrs, term time) Weds, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

Senior Volunteer Police

Cadets (13-17 yrs) Weds, 6.30-9pm, Little Ilford School,

Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

BOXING AND SELF DEFENCE



Boxing (Newham College)

Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

West Ham Boys ABC

Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614

Boxing and Self Defence

(16+) Tues, 5.15-6.15am, Jack Cornwell C.C

HEALTH AND FITNESS



Salsa Dancing (18yrs+)

Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

Nordic Walking

Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs. Call 07783 660 429

Tai Chi Class

Fri, 10-11am, Beckton C. C. Fri, 11am-12pm, The Gate

Yoga

Cost £7.50 for 10 weeks, for 50+. Mon, 10-11.30am, Beckton C.C. TT; Mon, 6-7.30pm, Green St, £1. Thurs, 6-7.45pm, Plaistow; Thurs, 6.15-7.45pm, The Gate; Sat, 10am-12noon, Plaistow (£1 per session)

Tone-Tastic

18+ Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C.

Aerobics

Tue, 9.30-10.30am, Jack Cornwell C. C £2

Keep Fit to Salsa (18+)

Tues, 11.45am-12.45pm, Field C.C; Mon, 3.15-4.45pm, Beckton C.C.

Zumba

Registration essential. All ages Tues, 10.30 -11.30am (Free) Field C.C. Mon, 9.30 to 10.30am (£3). Fri, 9.30 to 10.30am £2pp, Over 50s Free. Jack Cornwell C.C. Tues, 5-6pm, (mixed) Thurs, 10:15 to 11:15pm (£2.50) (women's only), Contact: bodyshapefitness4@gmail.com for more information. Stratford Library; Fri, 12:30pm 1:30pm for over 50's (free), The Hub; Thurs, 4.30-5.30pm, Plaistow

Bollywood Exercise Class

(14+) Sat, 11am-12noon, Katherine Road C.C.

Slimming World Mon, 5.30-9pm, Beckton C.C. £5

50+ ACTIVITIES



Bingo (50+yrs)

Mon, 12-1pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN

Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C

Active Centre 50+ Group

Weds, 12noon-4pm, Field C.C; Mon, Wed, Fri, 1.30-4pm, Beckton C. C.

Dominos Group

Fri, 6-10pm, Field C.C

Chair Based Yoga

Tues, 12.30-1.30pm, Manor Park

Forever Young

Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.

Pilates Classes

Tues, 9.30-10.30am, Field C.C

Happy Living Club

Indoor and outdoor activities. Tues, 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club

Weds, 12.30-1.30pm, Manor Park

Walking Football



Tues, 10-11am, Priory Park E6 1QH. Email dgheerawo@westhamunited.co.uk or call 07803 210 299.

Age UK East London Nordic Walks (18+)

Mon, 10.30-11.30am, meet at Hackney Marshes Centre, Homerton Road, E9. Call 07989 938 242

Steel Pan Music Therapy

For people with learning and physical disabilities, Dementia and stroke. Fri, 12-2pm, Beckton C.C.

Zumba & Indian Dance

Designed for 50+ but all ages welcome. Fri, 12noon-1pm, Jeyes C.C.

Get Active, Get Healthy, and Exercises for Fitness

Thurs, 10.30-11.30am, Manor Park

Get Active, Get Healthy

– Walk to the park Mon, 10.30-11.30am, Manor Park

Backercise

Tues, 6-7pm, The Gate

Drop-in Embroidery Class

Mon, 11am-1pm, East Ham

Active Centre 50+ Group

£1.50 fee to cover cost of refreshments. Weds, 20, Apr, 1-3pm, St Mark's C.C.

GREEN

Green Gym

Weds, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

Green Volunteering

Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club

Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes

Gardening Club Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

Grow Together Be Together Community Gardening Club

Weds, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

Caravanserai Garden

Volunteering Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

Community Gardening

Tues, 10am-12pm, Beckton C.C.; Tues, 4-6pm, St Johns Green Community Garden

DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)

A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

Gym & Basketball (14yrs+)

Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

Female Boxfit (14yrs+)

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

Girls Football (11-16yrs)

Tues, 4-5.30pm, Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Just Play (14yrs+)

Weds, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

Modern Arnis Martial Arts (16yrs+)

Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250

Female Only Gym Sessions

Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529

Abs Blast (11-15yrs)

Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Female Only Zumba

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292 902; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Road, E16 2DE. £2.50

Fun Female Fitness

(14yrs+) Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Netball (14yrs+)

Mon, 5-6pm, Newham College, East Ham Campus, E6 6ER. £1 for non-Newham College students. Email: sports@newham.ac.uk

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)

Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVlc, E13

Athletics (8-18yrs)

Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

Get Fit for Free

Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use

for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

Sensory Play (U5yrs)

Weds, (term time) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi.ferron@oliverthomas.newham.sch.uk or call 020 8821 0997

Swim for Families Dealing with Autism

Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Family Swims

Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

RUNNING

Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

Run England

£2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at cark park). Call 07718 394 874.

West Ham Park Run

Sun, 11am. Meet at Central Park Keepers Lodge, E6. Call 020 8257 4505

East End Road Runners

Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647.

SPORTS



Fencing with Newham

Swords Tues, 6-9pm, Thurs, 6-9pm, Fri, 7-10pm. Classes for adults (18+), and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898

Cricket (14yrs+)

Tues, 6-8pm, Newham Sixth Form College, E13. Call Ratheesh on 07476 269 226

Lister Table Tennis

Satellite Club (11-25yrs)

Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call Shiri on 07888 830 179

Indoor Cricket (8-16yrs)

Weds, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk

Black Arrows

Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

Newham and Essex

Beagles Athletics Club

Mon and Weds, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Weds, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessexbeagles.co.uk

BMX (6-16yrs)

Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

Mini Tennis Courses

(4-16yrs) Tues: 4-5pm,

5-6pm, East Ham Leisure Centre, 324 Barking Road, London, E6 2RT. Thurs: 4.30-5.30pm, 5.30-6.30pm, 6.30-7.30pm, Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD. Sat: 4-5pm, 5-6pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sun: 12-1pm, 1-2pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact:

michelle.daniel@activenewham.org.uk 07741 293 513

Adult Tennis (16+) Sat:

9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sun: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513

Table Tennis (14yrs)

Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Volleyball with Newham

College (14yrs+) Thurs, 5.30-7pm, East Ham Leisure Centre
Email: sports@newham.ac.uk

FOOTBALL



AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics

Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports

Mon, 4-5.30pm, Newham Leisure Centre, E13.
Weds, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football

Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

BASKETBALL



Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League

Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16. Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

Basketball (14yrs+)

Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: sports@newham.ac.uk

COMMITTEE MEETINGS

There are no scheduled committee meetings. See the next issue for forthcoming meetings.

CONTACT THE MAYOR

Here to Help sessions

Please register for surgery in the 30 minutes before the surgery starts. There is no surgery on Thurs May 5.

Sat, 23 Apr, 10am, East Ham Library

Telephone Surgery

Sat, 23 April, 10am. Please call 020 8430 2000 between 10-11am.

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St, E13
The Gate 6-8 Woodgrange Rd, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies 020 3373 6881
Community Outreach 020 337 30813
Church of God 37 Manor Park Road, E12, 020 8911 9494
The International Quarter Marketing Suite Celebration Avenue, E20 1DB

LEISURE & SPORTS VENUES

Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Wy, E16
West Ham United Football Club Boleyn Ground, E13 9AZ

COMMUNITY CENTRES (C.C)

Beckton Community Centre 14 Manor Wy, E6, 020 7511 1214
East Ham Market Hall Myrtle Road, London E6 1HY, 01708 740 092
Field Community Centre 147 Station Rd, E7 020 8536 2800
Grassroots Centre Memorial Park, Memorial Ave, E15, 020 3373 0650
The Hub 123 Star Ln, E16 020 3373 0750
Jack Cornwell Community Centre Jack Cornwell St, E12 020 8553 3459
Jeyes Community Centre 1 James Cl, E13, 020 3373 2205
Katherine Rd Community Centre 254 Katherine Rd, E7, 020 8548 9825
St Mark's Community Centre 218 Tollgate Rd, E6, 020 7474 1687
Vicarage Ln Community Centre Govier Cl, E15, 020 8519 0235
Harold Road Centre 170 Harold Road, E13 0SE, 020 8472 2805
Queens Market Green Street, E13
Rabbits Road Institute 835 Romford Rd, London E12 5JY
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